



February 2025 Program Calendar

*Providing FREE professional programs and emotional support, education and hope for people impacted by cancer, because **community is stronger than cancer.***

Each location (Virtual, Ridgeland, Gilda's Club, Doylestown Hospital & SMMC) have individual calendar pages. Programs that are hybrid are listed on both the virtual calendar and the physical location.

General Program Descriptions

Support / Networking Groups

Includes programs such as; Living with Cancer, Cancer Specific Networking Groups, etc. Attendance within these groups require a pre-conversation with a staff person and attendees to join as a member.

Educational Workshops

CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.

Children & Teen Programs (CTP)

Groups and activities for families with school aged children and teens dealing with a cancer diagnosis within the home. For more information about Children & Teen Programs, email Christina@cancersupportphiladelphia.org

To view the full calendar and register to join, visit our website at www.cancersupportphiladelphia.org OR scan the QR code



Looking to join CSCGP?

We host weekly orientation calls and in-person meetings for those wanting to get support through our community.

Please start your [new member profile](#) on the website under 'how to join'

Locations

The Suzanne Morgan Center @ Ridgeland
215-879-7733

Gilda's Club
215-441-3290

Doylestown Hospital
215-345-2022

St. Mary Medical Center
215-710-4512

Alliance Cancer Specialists @ The Cancer Institute of Doylestown Hospital

Alliance Cancer Specialists @ Grand View Outpatient Center

Alliance Cancer Specialists @ Bensalem



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Colorectal Cancer Networking 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness</p>	<p>4</p> <p>9:30am -Nia Sponsored by the Bob Brockman Nia Fund 10:30am – Pilates 12:00pm – Pancreatic Cancer Networking 1:00pm – New Member Orientation 6:30pm Men’s Health & Cancer Networking 7:00pm Learn About Lymphedema: Compression Garments</p>	<p>5</p> <p>9:30am – Upcoming Treatment Decisions? Open to Options Can Help 5:30pm – Yoga Therapy for Cancer</p>	<p>6</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 2:00pm – Writing for Health & Wellness 7:00pm – Living <u>After</u> Cancer Support Group</p>	<p>7</p> <p>10:00am – Knitting & Crocheting Circle</p>
<p>10</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 2:30pm – Breast Cancer Networking Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness</p>	<p>11</p> <p>9:30am -Nia 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Ovarian Cancer Networking Group 7:00pm – Breast Cancer Networking Group</p>	<p>12</p> <p>11:00am– Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer</p>	<p>13</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group</p>	<p>14</p> <p>10:00am – Compassionate Love: Special Yoga & Meditation Class</p>
<p>17</p> <p>CLOSED</p>	<p>18</p> <p>9:30am -Nia 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group 7:00pm – My Spouse Has Cancer Group</p>	<p>19</p> <p>10:30am – Writing for Health & Wellness 5:30pm – Yoga Therapy for Cancer 6:00pm – Teen Living with Loss Support</p>	<p>20</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Millennials with Cancer 7:00pm – Ben Strauss Essay Prep 8:15pm – Resilient Parenting</p>	<p>21</p> <p>10:00am – Knitting & Crocheting Circle</p>
<p>24</p> <p>8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living With Cancer Support Group 1:00pm – Metastatic Cancer Networking 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness</p>	<p>25</p> <p>9:30am -Nia 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Friends & Family Networking Group 7:00pm – Breast Cancer Networking Group</p>	<p>26</p> <p>11:00am– Laughing When Nothing Seems Funny and When It Is! 5:30pm – Yoga Therapy for Cancer 7:30pm – Teen Support</p>	<p>27</p> <p>9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living With Cancer Support Group 7:00pm – Living With Cancer Support Group</p>	

The Suzanne Morgan Center @ Ridgeland Mansion



4100 Chamounix Dr. Philadelphia

215-879-7733

February 2025 Program Calendar

Monday	Tuesdays	Thursday	Saturday
<p>Program assistance is available at this location on most Mondays, Tuesdays Thursdays & some Saturdays, please call or email Katie@cancersupportphiladelphia.org to schedule a visit.</p>			<p>1 11:00am In This Together Anniversary Celebration</p>
<p>3 10:30am Qigong</p>	<p>4</p>	<p>6 10:30am Guided Meditation</p>	<p>8 9:30am Zumba Gold 9:30am Creative Journaling for Teens</p>
<p>10 10:30am Qigong 10:30am Living with Cancer Support Group</p>	<p>11</p>	<p>13 9:30am All Men All Cancers Breakfast sponsored by Tom McDermitt <i>Fund</i> 10:30am Guided Meditation 1:00pm New Member Orientation</p>	
<p>17 CLOSED</p>	<p>18 6:00pm Philadelphia Family Dinner *CTP</p>	<p>20 10:30am Guided Meditation</p>	<p>22 10:00am Yoga Therapy</p>
<p>24 10:30am Living with Cancer Support Group 10:30am Qigong 1:00pm New Member Orientation</p>	<p>25</p>	<p>27 10:30am Guided Meditation</p>	



Gilda's Club

*(CTP) denotes Children, Teen & Family programming

200 Kirk Road, Warminster PA

215-441-3290

February 2025 Program Calendar

Monday	Tuesday	Wednesday	Thursday	
3 12:00pm Gentle Chair/Floor Yoga	4 10:30am Wool Applique Club 6:30pm Gilda's Game Day Prep *CTP	5	6 10:00am Comfort Quilts	8 10:30am Living With Loss Families *CTP
10 1:00pm Afternoon Tea 1:30pm Women's Support Circle	11 6:30pm Valentine's Day Family Party *CTP	12	13 11:00-11:45pm New! Dancing for The Fun of It! 12:00pm Beaded Jewelry Making	
17 CLOSED	18 10:00am New Member Orientation 6:00pm Teen Night *CTP	19	20 8:30am The Marshall Men's Breakfast <i>sponsored by Tom McDermitt Fund</i> 11:00am Arleen Boyes Quilting Club	
24 1:00pm NEW!! Stronger Together Networking Group	25 6:30pm Baking with Suzanne: Family Fun *CTP	26	27 10:30am Writing for Health & Wellness	

Program assistance is available at this location most Mondays, Tuesdays & Thursdays, please call or email

Tina@cancersupportphiladelphia.org to schedule a visit.

If you need to speak to someone and we are not available, please contact **Cancer Support Helpline 1-888-793-9355**



Tuesday February 4, 2025

10:00am Living With Cancer Support Group

Tuesday, February 11, 2025

Drop-in to learn more

Tuesday, February 18, 2025

10:00am Living With Cancer Support Group

Tuesday, February 25, 2025

Drop-in to learn more

Wednesday February 5, 2025

10:00am New Member Orientation

1:00pm Soothing Palette: Artful Relaxation

Wednesday February 12, 2025

9:30am Men's Breakfast

Wednesday, February 19, 2025

11:30am Gentle Yoga

1:00pm Reiki

1:00pm Soothing Palette: Artful Relaxation

Tuesday, February 26, 2025

Drop-in to learn more

For more information & to register for programs, please contact **Aly Rice @ 215-345-2022** or email

Aly@cancersupportphiladelphia.org

Located **Behind the red door** on the main hallway
595 West State Street, Doylestown, PA 18901



Trinity Health
Mid-Atlantic

ST. MARY MEDICAL CENTER

February 2025 Program Calendar

Thursday, February 6, 2025

11-11:30am Mindfulness Meditation

11:30-1:00pm Living with Cancer Support Group **pre-registration required*

1:15-2:15pm Gentle Yoga Movement & Relaxation

Thursday, February 13, 2025

11-11:30am Mindfulness Meditation

11:30-1:00pm Living with Cancer Support Group **pre-registration required*

1:15-2:15pm Gentle Yoga Movement & Relaxation

Thursday, February 20, 2025

11-11:30am Mindfulness Meditation

11:30-1:00pm Living with Cancer Support Group **pre-registration required*

Thursday, February 27, 2025

11-11:30am Mindfulness Meditation

11:30-1:00pm Living with Cancer Support Group **pre-registration required*

1:15-2:15pm Gentle Yoga Movement & Relaxation



**Anyone interested in joining the weekly LWC Support Group must speak with Sofie Pollack before attending.*

*Registration is preferred for all events; drop-in visitors will be welcome at Networking Groups and Workshops.**

For more information & to register for programs, please contact Sofie Pollack at **215-710-4512** or

Email Sofie@cancersupportphiladelphia.org

Located in the **Cancer Center conference room**

1201 Langhorne-Newtown Rd., Langhorne, PA 19047

Parking in back parking garage. Enter on ground level, and sign in as guest at visitor's desk. Walk through double doors to Cancer Center entrance on your right